

just for **GIRLS**

2008/2009 Edition

The Inside Scoop on
Guys

"Say What?!"
Translating
What He Says

QUIZ:
Are You at Risk?

TOP 8
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Advertising Supplement

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FLIP MAGAZINE
FOR GUYS' SIDE

www.humanlife.org

Why Wait?

Watching my single mother rushing into relationships blindly, giving her body and losing pieces of her heart, I was always pretty sure I wanted to wait until marriage to have sex. But after hearing a camp counselor share how wonderful it was to give herself as a wedding gift to her husband, I was positive I wanted my wedding night to be as amazing as hers.

As I got older, my reasons for commitment became even deeper. I started to realize the physical, emotional, and relational risks involved in sex outside of marriage. I was relieved not to have to worry about having an STD. I witnessed the self-esteem of my girlfriends and mom plummet as guys slept with them and then moved on to the next relationship seemingly unfazed. I was grateful for the confidence I had that guys I dated were interested in me because of who I was and not what I had to offer physically.

I love knowing that someday when I marry, I will be able to reach a level of intimacy with my husband that I have never had with anyone else. This intimacy will bond us together for life. I am committed to saving myself as a gift for him alone. If you have already shared your gift and had your heart broken, you can still reap the benefits of second virginity. Wrap your gift back up with a tag that says "Reserved for Someone Special" and vow to save it for your wedding night!

Jaime Rau is the founder of Purely Committed, Int. (est. 2001), an organization dedicated to encouraging peers to save sex for marriage. Visit www.purelycommitted.org.



"Say What?!"

Translation Please!



He says, "I LOVE YOU."

She hears, "I want to marry you."

He means, "I LIKE YOU FOR NOW."



factoid → **Abstinence:**
Refraining from all sexual activity including oral sex.

factoid → **Purity:**
Saving yourself mentally, emotionally, and physically until marriage and after marriage remaining faithful to your spouse.

factoid → **Second Virginity:**
Choosing from this moment on to remain sexually pure until marriage.

just for **GIRLS**

Human Life Alliance (HLA) is a non-profit, educational organization. With over 30 million publications in circulation, Human Life Alliance has distributed copies in more than 55 different countries on all seven continents.

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The Inside Scoop on **Guys**

Girls, next time you do your final mirror check in the morning—check this out! Dressing modestly is a crucial element in staying abstinent until marriage. Dressing modestly is important if you desire to protect and assist the guys in your life who wish to remain abstinent as well. You might think that it's "their problem," but guys are wired differently from girls in what turns them on. Guys are visual, so when a girl is dressing to show off (wearing tight pants, low cut shirts, etc...) it is hard for guys because they are stimulated by what they see. This doesn't give guys an excuse to stare, but overall, modesty also helps girls to have positive self-esteem and self-respect. Wouldn't you want to know that your husband fell in love with who you are and not just your body? You deserve more dignity and respect than just having guys chase after you because they're lusting after your body. Start respecting yourself and your guy friends by dressing modestly!

Want to keep your wardrobe
and still be modest?
Check out
www.shadeclothing.com.

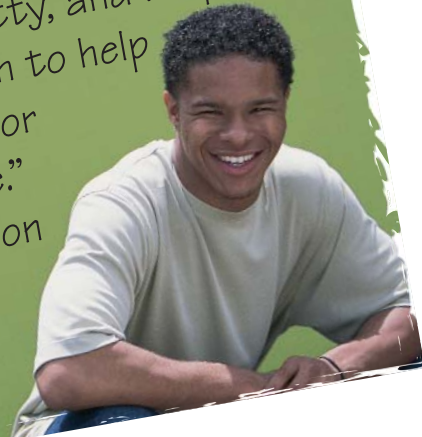


Top 8 **COME-BACKS** for **COME-ONS**

- 1 I don't see a wedding ring on my finger!
- 2 I'm waiting for marriage.
- 3 If you really loved me you wouldn't pressure me.
- 4 I'm saving that for my future husband.
- 5 Wrong question. It's over!
- 6 We've talked about this before; the answer is still NO!
- 7 You'll have to ask my parents.
- 8 **NO!**

WHAT REAL GUYS WANT

"I want a girl who is smart, funny, pretty, and respects me enough to help me wait for marriage."
- Brandon



Q & A



Dr. Mary Paquette

answers your questions...

Q

I'm thinking about having sex with my boyfriend, and I don't want to get pregnant. Which birth control will keep me from getting pregnant?

A

The bottom line is—there is no way to perfectly avoid pregnancy other than abstinence. I have delivered babies for girls who were using every type of birth control. The pill is potentially 99% effective at avoiding pregnancy, but the average adult user only gets 94.6% effectiveness. Teen use is even less effective because the pill needs to be taken at about the same time every day. Most teens use the pill intermittently and often forget to take it every day. The result is an increased risk of pregnancy. The shots are more effective, but again require that you aren't late in getting them. Condoms are the least effective form of birth control and frequently are misused or break. The longer a teen uses condoms, the less likely they are to continue using them every time. Many teens quit using the shots and pills because of side effects. These include: Weight gain, depression, acne, and irregular bleeding. In addition, the pill doesn't always work by just avoiding pregnancy. About 4-11% of the time it interferes with implantation. Implantation happens 5-9 days after conception when the baby tries to implant in the uterus. The pill blocks this implantation by thinning the lining of the womb, and the baby is aborted.

Q

I've heard about this Plan B pill that you can take if you forget to use birth control. Is it safe to use? What does it do?

A

Plan B is an emergency contraception. It works by giving you a large dose of birth control hormones to try to prevent pregnancy. It can be taken up to 72 hours after sex, but the pregnancy rate goes up 8

fold by the last 12 hours of this window. It does prevent pregnancy if you haven't ovulated yet. However, if you are just about to ovulate or already have, it also blocks the conceived embryo from implanting. The baby is then aborted. Side effects include nausea, vomiting, diarrhea, and heavy bleeding.

Q

I'm 16 and I just found out that I'm pregnant. My boyfriend and I have only had sex once! I haven't told my boyfriend yet, and I most definitely don't want to tell my parents. I love my boyfriend and I don't want to lose him! What should I do?

A

You don't need to make a sudden decision. Talk to your boyfriend; he has a right to know he is a father. Also, talk to your parents. Most teens say, "But they'll kill me if they find out!" Bring a

trusted adult like your doctor, teacher, or youth group leader to meet with you and your parents. Many teens decide to parent their child. This requires a lot of thought about what it means to be responsible for another person. Some teens opt for adoption. This is a selfless choice for the teen that doesn't feel ready to be a parent. It requires being ready to cope with the loss of that child, but it carries the comfort of knowing you have given that child and the adoptive family an incredible gift. Abortion is often thought of as a quick fix. No one will have to know, and you can go on with your life as if nothing ever happened. If this sounds too good to be true—it is. Abortion is a painful option. Women have described it to me as the most awful thing they have ever been through. Women often block out the memory of it and regret having aborted their baby. Not only do these women have lives haunted by their abortion, but they also have an increased risk of infertility, miscarriage and premature babies. There is also an increased risk of breast cancer in women who have an abortion. Trying to hide your pregnancy with abortion only leaves you alone to cope with all the depression, pain and regret that follows. If you have had an abortion, there is hope and help. Contact Rachel's Vineyard at www.rachelsvineyard.org.

Q

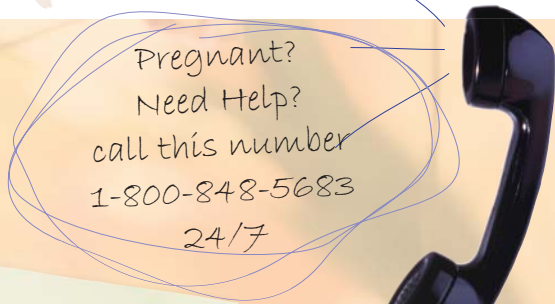
I just went to the doctor with my mom and found out that I have herpes. I'm so scared. Will I ever be able to get married? What are the side effects of this disease?

A

Sexually Transmitted Diseases (STDs) have reached epidemic proportions. About 9 million young people are diagnosed with a new STD every year.¹ Most teens think it's safe to have sex with a limited number of people. But an estimated 50% of sexually active youth get an STD by age 25.² Herpes is a disease of recurrent painful blisters that break out on your genitals throughout your life. There are treatments to help reduce the

frequency and severity of these blisters, but there is no cure. One in six people over the age of 12 are infected with herpes.³ It is most contagious when you are just about to break out in the blisters, so you may not know it. This makes it hard to stop it from being spread. Condoms don't prevent its transmission because it can still spread through skin-to-skin contact. Oral sex can also lead to the spread of this and other STDs to the face, mouth, and throat. I have dealt with many married couples that have to cope with the STDs that one of them acquired in premarital sex. It is most devastating when it affects their children through birth or in utero infections. Be honest with your future husband and you can deal with this, but use this as an opportunity to choose abstinence and avoid the negative consequences of sex outside of marriage.

¹ Centers for Disease Control. "Sexual Risk Behaviors". www.cdc.gov/HealthyYouth/sexual-behaviors/index.htm. Accessed 5/11/07. | ² Kaiser Family Foundation. "Sexual Health Statistics for Teenagers and Young Adults in the United States". September 2006. www.kff.org/womenshealth/upload/3040-03.pdf. | ³ The Medical Institute for Sexual Health. "Genital Herpes". December 2006. www.medinstitute.org/content.php?name=genitalherpes.



factoid

STD: Sexually Transmitted Disease.
 STI: sexually transmitted infection—a more medically accurate term for STD.

Are you at risk?

STD Quiz

- ___ out of ___ sexually active young women has had a genital Human Papilloma Virus (HPV) infection.¹
 - A. 1 out of 30
 - B. 1 out of 15
 - C. 1 out of 7
 - D. 1 out of 2
- True or False:** The younger a person is when they start having sex, the greater the chance of getting an STD.²
- True or False:** You can get an STD if you have oral sex.³
- ___% of girls who have had sex wish they had waited.⁴
 - A. 80%
 - B. 35%
 - C. 75%
 - D. 24%
- At least 20 million people nationwide are infected with the human papilloma virus.⁵ A disturbing fact is that ___% of cases of cervical cancer are linked with HPV.⁶
 - A. 30%
 - B. 99%
 - C. 95%
 - D. 60%

Answers on page 7

¹ Center for Young Women's Health. "Human Papillomavirus (HPV)". www.youngwomen-health.org/hpv.html. Accessed 4/30/07. | ² Children's Hospital Boston. "Sexually Transmitted Diseases". www.childrenshospital.org/az/Site1579/mainpageS1579P0.html. Accessed 4/25/07. | Center for Young Women's Health. "Abstinence: A Guide for Teens". www.youngwomen-health.org/abstinence.html. Accessed 4/30/07. | ³ Ibid. | ⁴ National Institute of Allergy and Infectious Diseases. National Institutes of Health. "Human Papillomavirus and Genital Warts". www3.niaid.nih.gov/healthscience/healthtopics/human_papillomavirus/overview.htm. Accessed 6/19/07. | ⁵ British United Provident Association Limited. "Cervical Cancer". http://hcd2.bupa.co.uk/fact_sheets/html/cervical_cancer.html. Accessed 4/30/07.

My Choice



Many people didn't understand how I could think about placing my child for adoption. But beyond my wants, I knew that my child deserved a stable loving mother and father. My family and friends came to congratulate my decision because they realized it was out of pure love.

I thank God each day that I don't have to visit the memory of an aborted baby, the grave of an innocent life. Yes, I grieve the loss of my child and it's hard, but the joy far exceeds the sorrow. I rejoice in all he has gained! I can live with my decision...and so can my son.

I have no regrets!

Molly



START HERE →



Do keep a cell phone and contact information with you at all times.

Do keep an emergency stash of money for a taxi with you in case your date goes sour.

Do make sure someone knows where you are at all times.

Do learn some self-defense moves.

Don't go out with a guy if you don't know him very well.

Do get to know him in group settings.

Don't go on a blind date alone. Insist on double dating with a couple you know.

Don't go to quiet or secluded spots with your date.

Do suggest going somewhere public if he really wants to get to know you.

Do trust your instincts. If you sense something isn't right—get out of the situation.
Don't think you owe him any physical or sexual favors even if he helped you or spent money on you.

Don't give in to verbal manipulation. It's a form of abuse and can be a red flag that he wants to violate you.

Do report him to the police immediately if he inappropriately touches you!

Do protect yourself if you are attacked (go for the eyes, kick, bite). Make a lot of noise. If you can—**RUN AWAY!**

Don't blame yourself if you are attacked. It is not always possible to ward off an attack.

Dating Do's & Don'ts

One in six women have been a victim of rape,¹ and among female rape victims 54% are under age eighteen.² Here are some tips to help protect yourself.

¹Centers for Disease Control and Prevention. National Center for Injury Prevention and Control. "The Truth About Rape". 2005. www.cdc.gov/ncipc/dvp/The%20Truth%20About%20Rape%20Final.pdf. Accessed 5/2/07. ²Centers for Disease Control and Prevention. "Sexual Violence: Fact Sheet". Updated 2007. www.cdc.gov/ncipc/factsheets/svfacts.htm. Accessed 5/2/07.

**Is your boyfriend a lizard?
Read on to find out!**



Don't leave your drink unattended at a party or eat anything questionable. Drugs can be slipped into your drink.
Don't go to a guy's place alone with him.

Do develop high standards and set boundaries of personal space.
Do let your date know where your boundaries are.
Don't let him violate any portion of your boundaries—if he does, tell him to stop. If he doesn't stop—**LEAVE!**
Don't try and explain things to him, just excuse yourself and call a friend or a taxi.

factoid → **LOVE:**
wanting what is best for the other person above and beyond your own desires and needs.



Overcoming Rape

I became pregnant at age 18 through acquaintance rape by a neighbor. I didn't know that what he had done was considered criminal sexual assault and was against the law. I told no one about the rape. My mother died when I was 12, and my alcoholic father abused my six younger siblings and me on a daily basis. Shortly after I found out I was pregnant my father kicked me out of the house for good. I was literally homeless, jobless, motherless, penniless, pregnant, and alone.

Everyone was encouraging and pressuring me to get an abortion saying things like, "You know what you have to do." I was even offered money to "get rid of it." I had no support and at times I felt like I was drowning in darkness. Yet I had one magnificent secret gift—the flourishing life of my unborn baby. This life gave me a thread of hope to begin to heal. After 29 hours of prolonged labor, I gave birth to a precious baby girl with blue eyes and dark hair, so tiny and so vulnerable. I named her Jennifer, and I knew she was a sacred gift to be loved and cherished. My daughter is wonderful and she has touched many lives including my own. I am so thankful for giving birth to her; I have no regrets.

If you've been raped, please realize *the worst is over*. I want to encourage you to reach out for help to start the healing process. My own experience is a reminder of what can happen when boundaries are crossed and sex is used as power and control. I chose second virginity until I married a wonderful man who adopted my daughter. You may not physically be a virgin, but you can decide in your heart to choose second virginity and save that gift for your husband on your wedding night. You'll never regret choosing to wait until marriage!

Cindy

"If you've been raped, please realize the worst is over. I want to encourage you to reach out for help to start the healing process."

WHAT TO DO:

IF YOU'VE BEEN RAPED

- Don't blame yourself; *it's not your fault.*
- Don't shower. It could wash away important evidence.
- Go immediately to the hospital and report the crime to the authorities.
- You may be offered emergency contraception, but be aware that if fertilization has occurred emergency contraception may cause an abortion.
- Get in touch with a support group that specializes in helping rape victims.
- Empower yourself by revealing your attacker and going through the entire legal process. It is so important that you report the rape! It may be difficult, but do it for yourself, and do it so that no one else has to experience the same trauma you went through.

Going through junior high and high school, people would often say to me, "I'm against abortion except in the cases of rape and incest." You can imagine how I felt when they said that! They thought abortion was a bad thing—except in my case. That was pretty scary from my point of view. When I would tell people that I was conceived during an acquaintance rape I would always see a transformation in their faces. I could tell that they were realizing their double standard. They would finally recognize that I (the baby) didn't deserve to die just because of my father's crime.

*- Jen
(Cindy's daughter)*



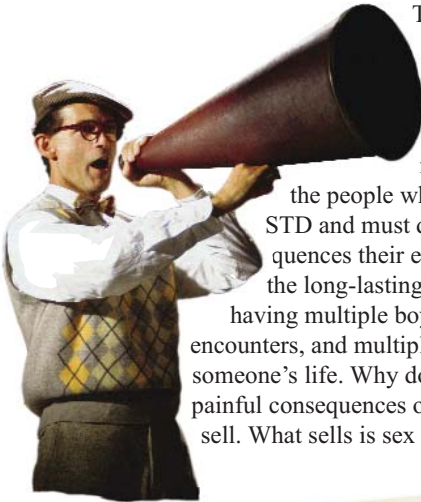
1. D
2. True
3. True
4. C
5. B

If You Have Been Raped...
Or Have Pregnancy Related Issues
Call this number
1-800-550-4900
24/7

HOLLYWOOD: TRUTH OR SCAM

So, you sit down to relax and watch another rerun of *Friends*. What's the first joke most likely to be about? Sex. Hollywood is continually sending messages to its audience that everyone is having premarital sex and that there must be something wrong with you if you're still a virgin.

These are lies.



Hollywood is not honest with you when it shows you the consequences of sex before marriage. They don't show the people who are infected with a viral STD and must deal with the painful consequences their entire lives. They don't show the long-lasting emotional difficulties that having multiple boyfriends, multiple sexual encounters, and multiple break-ups can have on someone's life. Why don't they? Because the painful consequences of premarital sex will not sell. What sells is sex for pleasure: sex free from

any emotional, physical, or mental consequences. Have a one-night stand and laugh it off the next day, right? Wrong. Your favorite character on *Friends* can have over ten partners in one season with no emotional side effects or STDs. That's not how it works in the real world. Eventually you have to face reality. Sex outside of marriage has real and lasting painful effects.

So what can you do? The dishonest messages about sex are everywhere in the media today. But what are they really telling you? "Let yourself be used for someone else's pleasure and then be thrown away the next day." That message is not treating you with the respect you deserve. You are a human being who deserves to be treated with dignity and respect, not used and abused. Submitting to the messages about sex that our culture is propagating only serves to degrade and devalue you as a person. Don't let this happen to you; you deserve better!



factoid

Cohabitation:
Studies show that couples who live together (cohabit) before marriage have a 50-100% greater likelihood of divorce than couples who don't.
William G. Axinn and Arland Thornton, "The Relationship Between Cohabitation and Divorce: Selectivity or Causal Influence?" Demography, 29(1992):357-374.

JAG Crossword Puzzle

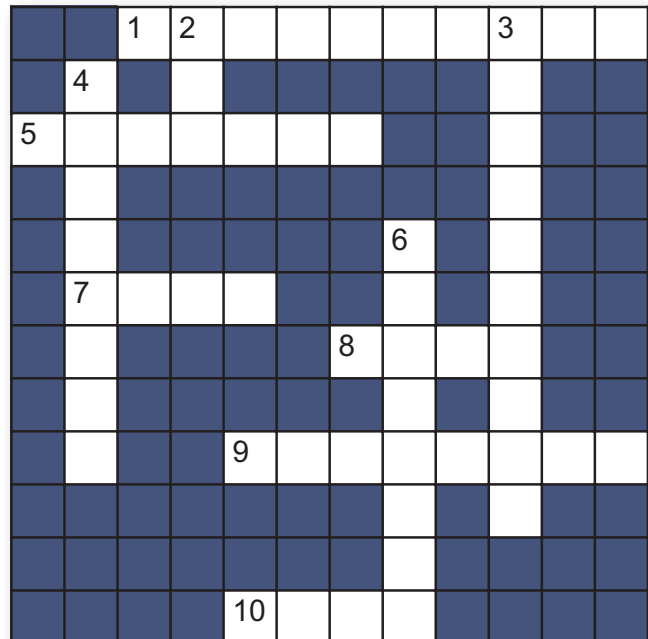
Read BOTH sides to find all the answers!

ACROSS

- Couples who 'live together before marriage' are said to _____.
- TV show mentioned in the "Hollywood" article.
- How to say 'no' in Russian.
- Wanting what is best for the other person above and beyond your own desires and needs.
- Bonding hormone released during sex.
- _____ is addictive and can rewire the brain.

DOWN

- _____ in six women have/had been a victim of rape.
- The most reliable way to prevent STDs.
- This is the number you call (1-800-848-5683) if you are _____.
- The "Choosing Life" article is about _____.



just for **GUYS**

2008/2009 Edition

The Inside *Scoop*
on Girls

flip magazine
for girls' side

Quiz: Are you
at risk?

Why Wait?

Q&A: Ask the
Doctor

The Duct Tape
Test

True Story:
Second Chance

**PORNOGRAPHY:
REWIRING THE BRAIN**

What Women Really Want

Why Wait?

I'm 23, and have been married for one year. I will never regret waiting for my wife. Sure, there are lots of reasons to wait for marriage, like protecting yourself from STDs and avoiding unwanted pregnancies. But it's not just about those negative consequences. Waiting is a positive thing. Saving sex for marriage means that instead of feeling guilty that your wedding night will not be something special, you can have the fireworks-filled honeymoon of your dreams!

I'm not pretending to say it's easy. On the contrary, I think saving sex for marriage is the toughest, and it'll seem like the longest battle you'll ever fight. But a lot is riding on this. In this day and age, we don't see literal "knights in shining armor" galloping around, fighting dragons and rescuing damsels-in-distress. Sometimes I'm tempted to pessimistically think that chivalry is dead. However, it's not. Not yet, anyway. Not as long as there are guys out there that want to fight the "dragon" of sexual temptation while their ladies watch in wonder and admiration. It's a great feeling to be admired by your lady!

Guys, this is the chance to prove you're a real man that can make it through this war, and conquer all odds, like the heroes of *Lord of the Rings*. How many times did those warriors look at the coming battle, and think it was impossible? But they still fought, because everything important was at stake. And when they were victorious, they proved their strength—and their manhood.

My question for you is, can you do this? Can you enter this fight, and win? If you can, you are worthy of being called a real man. And you are worthy of a real woman who has saved herself for you... her knight in shining armor.

Josh B.

P.S. Perhaps you've lost some battles along the way. Don't surrender the entire war! Pick yourself up and continue fighting.



factoid

ABSTINENCE: REFRAINING FROM ALL SEXUAL ACTIVITY, INCLUDING ORAL SEX.

factoid

PURITY: SAVING YOURSELF MENTALLY, EMOTIONALLY, AND PHYSICALLY UNTIL MARRIAGE AND AFTER MARRIAGE REMAINING FAITHFUL TO YOUR SPOUSE.

**SAY WHAT?!
TRANSLATION PLEASE!**

She says, "Do you respect me?"

He hears, "Blah, blah, blah..."

She means, "Do you really care about me or do you just want sex?"



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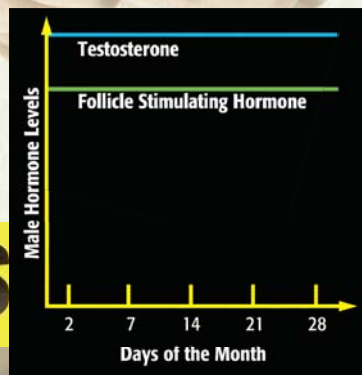
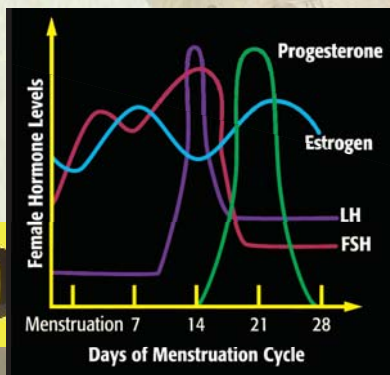
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The Inside *Scoop* on Girls



Have you ever said to yourself, "I just don't understand women! I never know what they want, and sometimes I think *they* don't even know what they want. One minute they're happy and the next minute they're psycho!" Well, before you decide to give up, there *is* a logical answer. Take a look at these two hormone charts. A girl is dealing with a lot of hormonal changes *all the time*. A guy on the other hand is

hormonally very level. This isn't an excuse for girls to be mean, but it might help you understand a little better why your mother, sister, or girlfriend can have twenty different moods in one hour. So the next time you're ready to tear your hair out trying to figure out what she wants, remember, she's not on the same "wavelength" as you—literally—so cut her some slack.

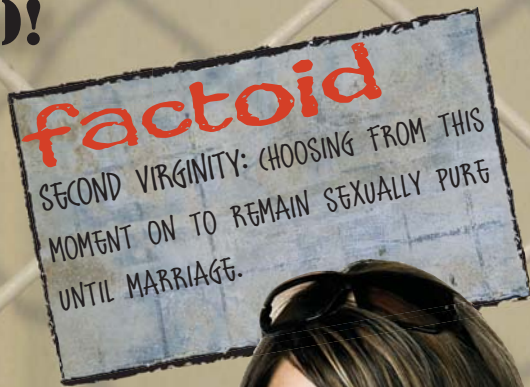
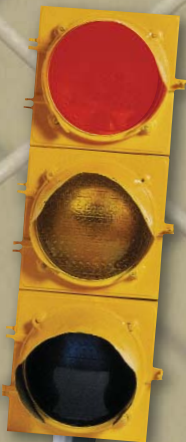


DO NOT CROSS

STREET CR

TOP 8 WAYS TO TELL HER NO!

1. I'm waiting for Ms. Right not Ms. Right Away.
2. I'm waiting for marriage.
3. No thanks.
4. Do you love me or do you just wanna use my body?
5. I'm not ready to be a dad.
6. I'd love to, **AFTER** our wedding.
7. I'm saving that for my future wife.
8. liya! (Japanese for No)
Nyet (Russian)
Nein (German)
Non (French)
No (English)
Shake head from side to side (Universal).

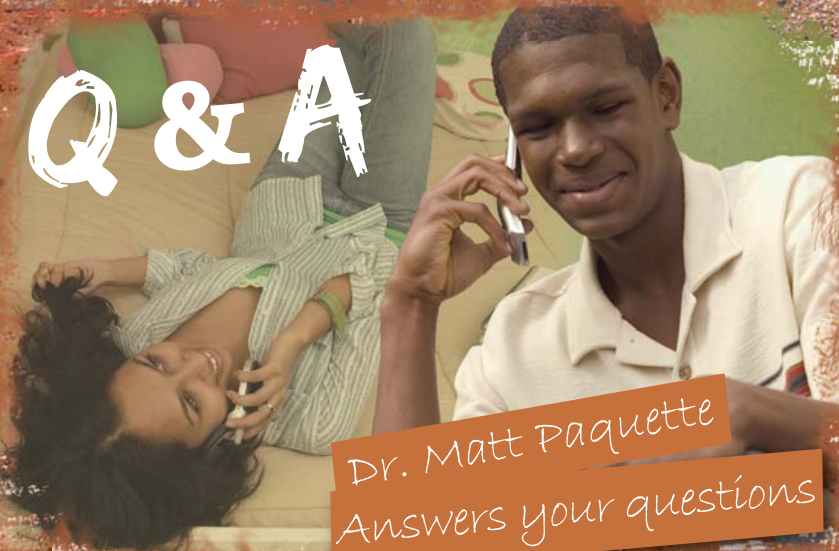


WHAT REAL GIRLS WANT

"I want a guy who will wait for me and who will be a good husband and father."
~Stacy



Q & A



Dr. Matt Paquette
Answers your questions

Q I want to have sex with my girlfriend, but I don't want to get her pregnant. Will a condom be enough, or does she have to be on the pill too?

A Babies come naturally from sex. No matter how hard people try with contraceptives, and even with sterilization, there is still a "risk" that sex will result in one of its natural outcomes—pregnancy. I even know doctors who got pregnant while using two different contraceptives at once. This makes sense because babies are meant to come from sex. It's built into nature. We can try to fool nature, but when we do we usually become fooled ourselves. Abstinence, including no mutual genital contact, is the only 100% guarantee of not getting pregnant.

Q I haven't had sex yet, but my friend said that there is some sort of pill that a girl can take to stop a pregnancy from happening. What is that all about?

A You are referring to emergency contraception pills. They all include high doses of female hormones. The side effects of these are quite severe, which is one reason why they are not more popular. Along with the side effects, they all can cause an abortion.

Q My girlfriend just told me she's pregnant, but I'm not ready to be a dad. I'm thinking of telling her to get an abortion. I'll even pay for her to have one if that's the best thing! I'm not ready to be a father! What should I do?

A None of us should be having sex if we are not ready to be a parent (because, again, kids come naturally from sex). But if you do become a dad before you intend to, the last thing you should do is kill your child. Post-abortion syndrome (depression, anxiety, etc.) affects men as well as women. After an abortion, women are more likely to have breast cancer, infertility, and premature babies. Financially, the responsibility of parenting includes diapers, formula, and clothes, or if you don't marry—child support. Parenting is tough at any age, especially if you are a teen. I would encourage adoption. There are thousands of couples eager to adopt. My biological mother was sixteen when she placed me for adoption. It was a loving act for which I am still grateful.

Q I'm still a virgin, but all the guys keep teasing me like there's something wrong with me because I haven't done it yet. Am I weird?

A You're not weird—you're smart. And you are not alone. Over 2 million teens in the US alone have taken a pledge of abstinence until marriage. You will save yourself from numerous STDs, unwanted pregnancy, and a lot of heartache. When you do find the right woman and marry her, both of you will be much happier because you saved yourself for her.

? Girlfriend Pregnant? Need Help?
Call this number:
1-800-848-5683
24/7

CHOOSING LIFE

Although it's not easy to place your child for adoption, my biological parents loved me so much that they gave up their life *with* me so that I could have a chance at a better life. Their sacrifice brought my parents' dream of having a family to reality. I love my adoptive parents so much, and I thank my biological parents for their sacrifice.

DAN S.

factoid
ONE IN FIVE TEENAGE COUPLES USING
CONDOMS AS BIRTH CONTROL BECOME
PREGNANT.
The Medical Institute for Sexual Health. www.medinstitute.org/content.php?name=FactAboutCondoms, February 2007.

Whaddya Know?

std quiz

1. About ___ percent of all STDs occur in people under age 25.¹

- A. 34%
- B. 50%
- C. 25%
- D. 56%

2. ___ percent of sexually active people have been infected by HPV.²

- A. 75%
- B. 50%
- C. 38%
- D. 27%

3. What is the most reliable way to prevent STDs?³

- A. Abstinence
- B. Condoms
- C. The Pill
- D. The Shot

4. There are at least 25 different STIs, many of which are incurable. Untreated STIs can cause _____.⁴

- A. Long-term pain
- B. Death
- C. Cancer
- D. All of the above

5. True or False: You can still get an STI such as herpes or genital warts if you use a condom.⁴

¹ www.childrenshospital.org/az/Site1579/mainpage/S1579P0.html. 4/23/07. | ² www.plannedparenthood.org/sexual-health/ask-dr-cullins/ask-dr-cullins-stis-stds-5346.htm. 4/25/07. | ³ www.cdcnpin.org/scripts/std/prevent.asp. Retrieved 4/25/07. | ⁴ www.medinstitute.org/content.php?name= FactsAboutCondoms. Retrieved 4/25/07.

answers on page 7

True Story!

A Second Chance

The temptation started gradually. The guys at work would tell dirty jokes, or show off the new porn site they found over the weekend. Eventually I was hooked on pornography. During that time, I was also involved with a girl. Sex was the dominating force in our relationship. It wasn't communication or love that held us together; it was sex. I know now that this is not how relationships were designed to progress. The physical side of the relationship should be saved for marriage. Eventually, my relationship with that girl dissolved.

After that, I went through a lot of growth in my life. I decided from that moment on—no matter how many mistakes I had made—I wanted to wait for whatever my future would hold. Later on, I met a beautiful woman named Beth who had similar struggles throughout her life and had also chosen second virginity after her mistakes. Our relationship is so much stronger

because it was based on communication and not on sex before we got married.

If you've messed up, STOP and make a commitment to follow higher standards. An important part of staying pure is to find a morally wise, trusted friend who will encourage you to make good decisions. Stay away from porn so you won't have the pain of those images intruding into your future relationships. Set standards *before* you start dating. If you make a mistake, set boundaries to keep it from happening again.

If you want to experience great sex—save it for marriage. Learn from my mistakes. You will never regret waiting until marriage.

Steve B.



factoid

STD: SEXUALLY TRANSMITTED DISEASE
STI: SEXUALLY TRANSMITTED INFECTION,
A MORE MEDICALLY ACCURATE TERM
FOR STD.

What Women Really Want



Take it from a Woman

Women want a real man, not a player. Don't think, "I can have my fun now and get married later." Make a commitment to your future wife by deciding to wait for her now!

Here's some helpful tips:

Respect your date by being intentional about dating and not leading her on. Do you just want sex, or do you really want to build a relationship? Set your dating boundaries before you are in a relationship. When you start dating, communicate your boundaries to your date and then DON'T cross the line. Don't think condoms or birth control will protect you; abstinence is your best protection against STDs, HIV, pregnancy, and child support.

Don't mess with your future. Realize "no" means NO! There are multiple levels of sexual assault from first to fifth degree. Fifth degree sexual assault is inappropriately touching a girl with all her clothes on. If you violate someone, you can land in prison for 3-20 years depending on the situation. Guys can also be victims. Avoid situations where you could be wrongly accused of inappropriate behavior.

Be a MAN and stand up for what you believe. Hang around guys who have committed to abstinence so they can support your decision to wait. Be the man women want by waiting for marriage!

factoid

LOVE: WANTING WHAT IS BEST FOR THE OTHER PERSON ABOVE AND BEYOND YOUR OWN DESIRES AND NEEDS.

YOU'RE SAVING WHAT?



It's not always easy to stand up for what is right, and saving sex until marriage is no exception. Others who may be "abstinophobic" (Definition: having an irrational fear of abstinence and abstinence related things) may give you a hard time and try to tear you down because you're making healthy decisions.

Stand up for your beliefs! Don't get sucked into other people's decisions who don't have your best interest in mind. Remember, if you want to avoid STDs, unplanned pregnancy, child support, poverty, and a whole lot of failure over bad decisions—choose abstinence until marriage!



KEEP
OUT

PORNOGRAPHY: REWIRING THE BRAIN

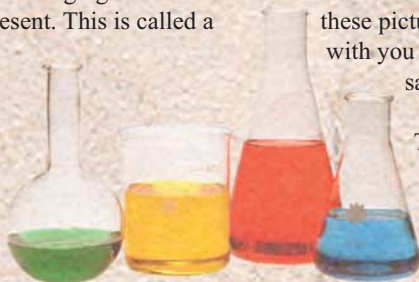


A scientist named Pavlov did a famous experiment with dogs. He rang a bell every time he fed the dogs and was able to condition their brains to eventually salivate just at the ringing of a bell—even though food was not present. This is called a conditioned response, as you can't just tell your body to start drooling.

Scientifically, we now know the same response happens with porn. Pornography conditions and rewires your brain to become aroused at the sight of erotic images.¹ Viewing porn causes an arousal response that releases massive amounts of natural chemicals, such as dopamine, resulting in a powerful chemical addiction.² This is how the porn industry makes money.

The effect of this conditioning is that you eventually need more and more porn to get the same “high.” As a

consequence, when you have sex with your wife, you may have difficulty becoming aroused. Your body is so conditioned to pornographic images that you can't get aroused without them. “Sorry Honey, I need to look at these pictures of other women to be able to have sex with you – you're not enough.” Do you really want to say that to your future wife?



There is a way out. You can get help to break this addiction. Counseling is available for sexual addiction and addiction to pornography. Please seek help in your local area.

¹ Reisman, Judith. “Biologically Arousing Sexual Imagery as Psychopharmacological ‘Toxic Media,’ ‘Harmful to Minors,’ ‘Overriding Left Hemisphere Cognition, Subverting Informed Consent and Free Speech’”. 1993, 1996. | ² Harmer, John L. *The Sex Industrial Complex: America's Secret Combination: Pornographic Culture, Addiction, and the Human Brain*. 2007.

Guys' Quiz Answers

1. B
2. A
3. A
4. D
5. True



THE DUCT TAPE EXPERIMENT

Try this experiment: Duct tape a girl's arm to a guy's arm. Now rip it off and use the same piece of duct tape to wrap around the girl's arm and a new guy "partner." What happens? After 2-3 times switching guys, the particles of skin and hair left on the tape reduce the stickiness so it's almost impossible to get it to stick.

It's the same with sex. There's a hormone in your brain called oxytocin that relates to bonding. Oxytocin is released in the brain during sexual activity and acts like emotional superglue to whomever you have sex with. When you break up and have a new sexual partner, your ability to bond (produce oxytocin) is damaged – just like the duct tape in the experiment. Previous sexual experience reduces your ability to bond correctly. These brain

chemicals don't care how old, mature, or in control of your emotions you are—they will still create a bond with whomever you have sex with. You can't beat the brain chemistry behind sex!

When a couple waits until marriage to have sex (and they remain faithful to each other in marriage) oxytocin acts as superglue between the husband and wife. If you have been sexually active in the past, there is hope—your oxytocin levels can return to normal if you stop engaging in sexual activity and begin to heal the physical and emotional scars from premarital sex.

Give yourself a year or so before you attempt to get into a serious relationship, and commit to save sex for marriage!

Source: Keroak, Eric, M.D. "Oxytocin: Is This Nano-Peptide a Chemical Type of Human Super-Glue?" PowerPoint Presentation given at Abstinence Clearinghouse Conference 2006.

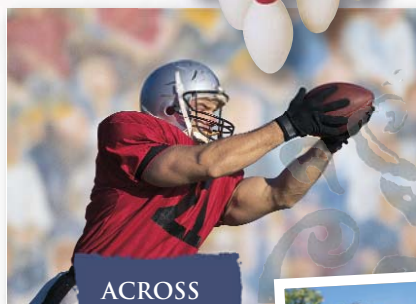


factoid
 OF TEENS THAT REPORT HAVING SEX, 2/3 SAY
 THEY WISH THEY HAD WAITED!

1 The National Campaign to Prevent Teen Pregnancy, "With One Voice 2007, America's Adults and Teens Bound Off About Teen Pregnancy," A Periodic National Survey, February 2007, p. 26. www.teenpregnancy.org/resources/data/pdf/WOV2007_fulltext.pdf

10 GREAT DATING IDEAS

1. Double date.
2. Have a bonfire with friends.
3. Play board games.
4. Go bowling.
5. Attend a sports event.
6. Go rollerblading.
7. Play Dance Dance Revolution.
8. Play paintball or laser tag.
9. Serve dinner at a homeless shelter.
10. Go to an arcade.



Answers

- ACROSS**
1. Cohabitate
 5. Friends
 7. Nyet
 8. Love
 9. Oxytocin
 10. Porn
- DOWN**
2. One
 3. Abstinence
 4. Pregnant
 6. Adoption